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ABSTRACT

Challenge and adventure programs create situations that challenge the abilities of individuals and groups and that are metaphors for the problems and challenges of daily life. This book describes dozens of group activities that foster individual and group skills such as cooperation, problem solving, and communication. Each activity has a "challenge" or performance objective, but the real goal is to complete the challenge using skills and techniques that bring the group together. Chapter 1 summarizes the goals and benefits of challenge and adventure programming and contains over 350 references, primarily journal articles. Chapter 2 discusses planning activities including: evaluating group needs and goals, and planning challenge activities to address those needs and goals. Planning sheets and checklists are included. Chapter 3 discusses frontloading--giving preprogram information to participants--and describes warmup activities and techniques for beginning. Chapter 4 describes 83 challenge activities. Lists indicate the intensity level of each activity, its skill or theme, and whether it's "really new." Each entry includes a short description; equipment needs; the challenge; presentation, story line, or metaphor; variations; important points; discussion and debriefing topics; sequence; and related activities. Chapter 5 provides directions for purchasing or constructing the equipment needed for each activity. Chapter 6 discusses the facilitator's role and techniques for processing the challenge experience. Chapter 7 describes 38 games and activities just for fun. Chapter 8 is an extensive resource guide, listing books, manuals, and guides in 18 categories; organizations; builders of challenge courses; college programs; insurance carriers and information; conferences, seminars, and workshops; periodicals; Internet resources; book sources; and equipment sources. Chapter 9 provides "free advice," questions for self-evaluation, and ideas for the future of challenge and adventure programming. Photographs and an index are included. (SV)